



**Greener
Practice**

Dietary Changes

Foods are that high in iron include:

- Dark green vegetables
- Lentils
- Apricots and prunes
- Iron fortified breads



5 Tips for increasing your Iron levels on iron tablets



Take separately to other medicines

Ideally, take iron tablets 4 hours apart from other medications, particularly Proton Pump Inhibitors (e.g. omeprazole) and calcium tablets

30-60 minutes before food

Take iron tablets 30-60 minutes before eating - including tea or coffee!



Side effects?

Iron tablets can cause side effects. You could try taking the tablets every other day, or with food, and see if that helps.

Take iron as prescribed

Not everyone needs long-term iron, and your GP may ask you to return for a follow up blood test